Meme · 6 minutes ago · 2 min read

A Retrospective on "Look at me".

I have realized the "machine" is perfectionism.

It is a difficult issue for me to address, as the perfectionist work ethic is quite handy in university and I need it more than I don't in order to function as a student. Perhaps I can come up with a different solution, but for the time being, it looks like old reliable is gonna stick around for a bit.

But my mom once told me that she didn't fight her demons--she recruited them. I know of a t-shirt to that effect, as it so happens, so maybe the method holds some water.

Also, gender identity is crazy. I think it is a journey not to be had on the part of individuals, but on society as a whole. It is quickly becoming clear that it is not nearly as simple as can be defined by labels. Personally, I think I am coming to terms with the fact that I don't really identify with the concept at all. I dislike stereotypes, and the labels of gender are stereotype guidelines at their core.

I think it is probably enough to say that I am of the male sex. That doesn't feel wrong.

But if I had to pick one (from the site that has a list of a lot of gender identities), I would choose unlabeled. Yes, unlabeled is a label, but in this fictional scenario I have created where I am forced to pick, that is what I would choose.

So, I suppose it is a change in my gender identity, but not from one to the other--rather, from one to none at all. Which feels... good. But scary. Y'know, I already talked about how I find it difficult to exist without labels, so I won't delve deeper here.

And I *finally* got to see a therapist. They're lovely. I was apprehensive at the start of the session and left feeling very hopeful. I think good things will come of this.

Remember to love yourself. If you forget, just think of me, and if you do, be reminded to. Because if I love you, then you should love you too. RuPaul says it better, but I think most drag icons hold up to that standard.

But now I'm just rambling, so I sincerely hope you have a great continued existence.

Love ya,
Meme